

IN THE SPECIFICATION

Following is a marked-up version of an amended paragraph of the subject patent application. The Examiner is requested to delete the indicated paragraph and replace it with the amended paragraph.

Please replace the paragraph [0004] with the following.

[0004] Included among the free weights are a number of relatively simple exercise apparatuses for ~~increasing~~ **increase** resistance when working particular muscle groups or areas of the body. One such general class of apparatus includes bars or harnesses that are worn by the user (or rested upon the user's body) to provide added weight (resistance) while exercising. Such devices may be used either alone or in conjunction with other weights in bending and stretching exercises.